



Sept. 28, 2015

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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ASC Leader Connects With Local Students

Jim Coffman, director, G-4 (Logistics), U.S. Army Sustainment Command, spoke with 17 freshmen in the Advanced Via Individual Development (AVID) program at Davenport Central High School, Sept. 28. Coffman encouraged the students to learn the language of business, and to carry themselves professionally. He also encouraged students to be environmentally aware, to find mentorship, and to avoid poor decisions like using drugs. "At 18, you are going to make decisions to set yourself up favorably to move on or you're not. It's that simple," he said. According to its website, AVID is a global nonprofit organization that attempts to prepare students for college by holding them accountable to high academic standards and by providing them with the support systems they need to be successful. This is the first year AVID has been offered at Central. Maureen Rauch, an AVID teacher, said the program focuses mainly on students with a lot of potential, but who also have life challenges that can make their journey more difficult



Upcoming Dates

Oct. 4-10: National Fire Prevention Week - "Hear the Beep Where You Sleep"

Oct. 7: Illowa Bi-State Combined Federal Campaign Kick-off and Charity Fair, 10 a.m., Heritage Hall, Bldg. 60

Oct. 8: Domestic Violence Awareness Month Proclamation Ceremony & Training Symposium, Heritage Hall, Bldg. 60, 8 a.m.

Oct. 9: Golf-toberfest, Arsenal Island Golf Course

Oct. 9: ROCKtoberfest, Heritage Hall, Bldg. 60, 5 p.m.

Oct. 14: Parenting with Love & Logic, Abel Conf. Room, Bldg. 110, 4-5 p.m.

Oct. 21: RIAWC Ghosts and Goblins Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.

Oct. 21: Trunk or Treat, Memorial Park, 3 p.m.

Oct. 25: Military Retiree Appreciation Day, Heritage Hall, Bldg. 60, 7 a.m. - 1 p.m.

Oct. 25: Pillars of Honor, Traveling WWII Memorial, Camden Center, Milan, Ill.

Oct. 27: QC Honor Flight, QC Int. Airport, 5-7 departure; 9:30-10 p.m. arrival

Oct. 31: Ghost Hunters Dinner & Tour of Quarters One, Arsenal Island Clubhouse, 6 p.m.

Nov. 11: QC Mallards Annual Military Appreciation Night, iWireless Center, 6 p.m.

Nov. 13: RIAWC Denim & Diamonds Charity Auction, Arsenal Island Clubhouse, 6 p.m. - 12 a.m.

like the loss of a parent, low income or medical conditions. ([More](#))

Working Group Charts the Way Ahead For Reserve Component Readiness

Ensuring that Reserve Component commanders and Soldiers are set up for success when honing their warfighting skills was the focus of a Training Support and Synchronization Working Group, held this week in First Army headquarters here. During opening remarks, First Army Commanding General, Lt. Gen. Michael S. Tucker, told attendees they were the ones who knew their units abilities and needs, and so it was vital they address those during the Working Group. "You're here for a specific purpose, and I don't think your commands want you to be a potted plant," he said. "I want you to be active, I want you to sound off. We need to hear your opinion. If there's a friction point, if something doesn't sit right with you or doesn't sound right, we need to address it." ([More](#))



New ASC G-3/5/7 Deputy Chief of Staff Attains Colonel Rank

A newly promoted colonel credits those who helped him on his way during his 21 years of service. The ceremony to promote Lt. Col. Grant Morris, the new deputy chief of staff, G-3/5/7 (Operations Support), U.S. Army Sustainment Command, to colonel was held here Sept. 3. His promotion takes effect Oct. 1. Morris said his promotion is the culmination of the support from those around him. "It is what I once believed to be an insurmountable challenge to achieve. The folks I have worked for and who have worked for me made me successful," he said. While in his new role as the deputy chief of staff, Morris said he hopes to help the G-3/5/7 to be prepared for anything. ([More](#))



First Army Hosts Western TAG Huddle

Helping Adjutants General (TAGs) succeed in their mission was the focus of the Forces Command Commander's Western TAG Huddle, hosted by First Army here on Sept. 28-29. Attendees included Forces Command Commander, Gen. Robert Abrams, and First Army Commanding General, Lt. Gen. Michael S. Tucker, as well as 25 TAGs. TAGs oversee their state's or territory's military forces, including the National Guard, and the huddle was part of a series of engagements between the FORSCOM commander and adjutants general that provide a forum for information-sharing and dialogue, with a goal of overcoming challenges faced by the TAGs. ([More](#))



Lawmakers Reach Deal to Cut DoD Workforce, Overhaul Military Retirement

Headquarters, administrative and support offices across the Defense Department would have to reduce their workforces by 25 percent over the next five years under an agreement unveiled by congressional negotiators on Tuesday. The 2016 defense authorization compromise bill would require \$10 billion in cuts, half of which must occur by fiscal 2018. The one-quarter staff reduction was a compromise between the 20 percent cuts required by House-backed legislation and a 30 percent decrease approved by the Senate. Savings already realized by the Pentagon's self-initiated cuts implemented in recent years would count toward the final reduction goal, which must be met in

fiscal 2020. The agreement, if approved by Congress and signed into law by President Obama -- who has threatened to veto a provision allowing Defense spending to sidestep sequestration caps by increasing the "emergency" Overseas Contingency Operations fund -- would surpass the 20 percent cuts the Pentagon has imposed on itself. ([More](#))

The Shutdown Was Avoided, But Agencies Can't Exactly Celebrate

Federal agencies narrowly avoided the catastrophe of a government shutdown this week, but budget experts say they will still feel the pain of congressional stalemates. President Obama on Wednesday signed a "clean" continuing resolution, a temporary measure to keep agencies funded for 10 weeks at their fiscal 2015 levels. Unlike a full year appropriation, however, the CR does not detail how much agencies should spend on each program or office. Agencies are expected to spend their funds at the same rates as the previous year, but the lack of a long-term agreement creates uncertainty. Starting new projects is impossible, and spending freely is difficult for agencies awaiting their full year fiscal fates. ([More](#))



With A Government Shutdown Possibly Averted For Now, Feds and Taxpayers Head Toward the Next Cliff

Now that Congress, which uses brinksmanship as an operating principle, seems ready to keep the government running, taxpayers and federal employees can look forward to the next cliff. The Senate was expected to approve a temporary funding measure, which would allow services to continue. If the House follows, a partial government shutdown, closing many public facilities and sending workers home on Thursday, would be averted. But the legislation runs only until December, meaning staffers and citizens can look forward to more uncertainty just before the holidays. "God help us all come Dec. 11," said Rep. Gerald Connolly (D-Va.), the top Democrat on the House government operations subcommittee. Is this any way to run a government? ([More](#))



Obama Says No More Short-Term Spending Deals

Although Congress averted a budget shutdown this week, President Obama said Friday that he will "not sign another short-sighted spending bill" when the current deal expires in December. Congress needs to avoid "manufactured crises" that are threatening to slow the progress of the economy, Obama said during a White House news conference. Although Congress passed a temporary budget deal this week, it only sets up another crisis for December, Obama said. "It's not how we're supposed to operate," Obama said of the constant uncertainty about budgets and other government actions. "We can't cut our way to prosperity," Obama said. "Other countries have tried it and it does not work." "The bottom line," Obama said, "is that Congress has to do its job." ([More](#))



Notifying Those Impacted by the Recent Cyber Intrusion

Yesterday, we began mailing notification letters to the individuals whose personal information was stolen in a malicious cyber intrusion carried out against the Federal Government. Impacted individuals will be notified by OPM via U.S. Postal Service mail. Email will not be used. The letters being mailed to those affected by this incident will describe the comprehensive suite of identity theft protection and credit monitoring services that will be provided for at least three years, at no cost, to impacted individuals and to their dependent minor children. An impacted individual is someone whose personal information, including Social Security Number, was stolen. As we have noted before, those impacted by this breach are already automatically covered by identity theft insurance and identity restoration services. However, the Federal Government is providing additional services that impacted individuals are encouraged to enroll in, free of charge. ([More](#))



CID Warns of Internet Romance Scams

"He loves me, he loves me not. The phrase has been repeated by many looking for love. In today's world of online dating and social media sites, however, the phrase may have changed from the plucking of petals to a stroke of the keys with, "he is real, he is not." With millions of Americans turning to the internet for love and companionship, the U.S. Army Criminal Investigation Command warns of romance scams and impersonation fraud that drains one both emotionally and financially. In the last six months of 2014, online romance scams cost their victims more than \$82 million, according to the FBI's Internet Crime Complaint Center. The average financial loss from these romance schemes is between \$15,000 and \$20,000. ([More](#))



FEHB Rates Rising by 7.4 Percent on Average

The enrollee share of premiums in the FEHB will rise 7.4 percent on average for 2016 for non-postal employees and for retirees. Within that average, the enrollee self-only coverage is rising by 6.5 percent and for self and family coverage by 10.7 percent—the latter in part reflecting the upcoming availability of self plus one enrollment, which is projected to drain away many current family enrollees who have only one eligible family member. For those opting for self plus one, premiums still will be 4.9 percent above current family rates, however. The enrollee shares for postal employees, whose premiums overall are lower due to terms of negotiated contracts, are rising by even more, on a percentage basis. OPM announced those figures—which are well above the averages of about 4 percent the last four years—in advance of the annual open season for FEHB, as well as for the FEDVIP vision-dental insurance program and the flexible spending account program, that this year will start November 9. As in past years, it said the increases reflect general trends in health care, and in particular rising costs of prescription drugs. ([More](#))



Contact Information to Dispatch GSA Vehicles From The LRC Transportation Motor Pool

Please submit GSA vehicle requests to the following Group E-mail Box: usarmy.ria.asc.mbx.gsa-vehicle-request@mail.mil. Allow 48-72 hours to process requests. Dispatching duties are the responsibility of the RIA Logistics Readiness Center (LRC) Transportation Division. For any issues please contact the LRC Fleet Manager DeShonda Davis-Locke at deshonda.g.davislocke.civ@mail.mil or 309-782-5602.

Security Passes

For people with a regular need to enter Rock Island Arsenal, such as the parents of children in the Child Development Center who are not government employees, passes are readily available. Please visit the post Security Office in Bldg. 225 during business hours to allow the staff to conduct a background check and issue a pass. Passes for up to one year are available for those with a regular verified need to visit the Arsenal. The Visitor Control Center has not opened as anticipated due to staffing and construction issues. The Physical Security Division is issuing badges in Bldg. 225, 2nd floor, which is accepting information to conduct NCIC III checks and issue badges for access to Rock Island Arsenal. The hours of operation are 6 a.m. – 2 p.m., Monday through Friday. POC is [Dale Heiser](mailto:Dale.Heiser@usarmy.ria.imcom-central.mbx.usag-access-request@mail.mil), 309-782-0551 or usarmy.ria.imcom-central.mbx.usag-access-request@mail.mil. Additional announcements will identify the opening of the visitor control center. Please address any questions to the above number or email address.

Energy Awareness Month

During the month of October, Energy Awareness Month, the energy manager has the following items planned for Rock Island Arsenal. "Rocky," the RIA Energy Dog, will be on display in various buildings looking for energy waste. Consequently, the energy manager will be alerting occupants of energy issues that are identified where he is displayed. Building occupants need to organize and register and update their building energy monitors from **Oct. 6-19** on the [Energy Awareness Website](#). The energy manager will walk through various buildings with building energy monitors inspecting their building for energy waste. During the evening of **Oct. 15**, the energy manager will perform a drive by night survey and publish his results. On **Oct. 20**, there will be training for the building energy monitors in the Bldg. 102 basement conference room from 10-11:30 a.m. On **Oct. 27**, 11 a.m. – 1 p.m., Mid-American Energy consultants and the energy manager will provide an energy display with giveaways for attendees in Heritage Hall in Bldg. 60. During October there will be two energy awareness articles published and on about **Nov. 5** the 2015 Annual Energy Management Report will be published. If there are question, please contact the energy manager located at Public Works in Bldg. 102 at 309-782-2496 or jay.d.richter.civ@mail.mil.



VIOS Schedule for October & November, Opportunities Extended to 5 Days

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Oct. 19, 20, 21, 22, and 23**; and **Nov. 16, 17, 18, 19, and 20**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Oct. 9 and 16, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.



The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

Illowa Bi-State Combined Federal Campaign Kick-off and Charity Fair

The Illowa Bi-State Combined Federal Campaign will officially begin here on Rock Island Arsenal with this year's CFC Kick-Off event being held Wednesday, **Oct. 7, 10 a.m. – 1 p.m.**, in Heritage Hall, Bldg. 60. Visit with area charities to learn how they serve our community and how CFC impacts them, enter to win a free gift basket, enjoy a bake sale items (proceeds to

CFC), munch on free popcorn, and buy your lunch in the cafeteria – walking tacos

will be the featured item (proceeds to CFC). The mission of the CFC is

to support and to promote philanthropy through a voluntary program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all. The charities you support through the CFC focus on people, animals and environments that really need help - including the

hungry, homeless, sick, elderly, children and families in need. They may be your relatives, friends, neighbors or co-workers. They may be down the street, across the country or across the globe. CFC is the world's largest and most successful annual workplace charity campaign, with more than 300 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world. The CFC was started in 1961 by President John F. Kennedy and is the only authorized solicitation of employees in the federal workplace for charitable organizations.



Rock Island Arsenal Military Retiree Appreciation Day

Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree Appreciation Day hosted on Rock Island Arsenal, Saturday, **Oct. 24, 7:30 a.m. to 1 p.m.**, in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a chance for retirees to receive flu shots and update retiree identification cards. Keynote speaker at this year's event is retired Lt. Col. Shane Ostrom, Deputy Director for Financial Information of the Military Officers Association of America. In addition to these services, retirees can see presentations from the Retirement Services Office; the Veteran's Administration; Honor Flight, Family and Morale, Welfare and Recreation; Delta Dental; Express Scripts; a legislative update from the Military Officers Association of America; Federal Long-term Care Insurance program; numerous other exhibitors including the Voting Assistance Office; the post legal office; Rock Island National Cemetery; and the Rock Island Arsenal Museum, will also be on hand. Please email: gcmrad@gmail.com or call 563-508-5123 to make reservations.

Pillars of Honor Coming to Quad-City Area

The "Pillars of Honor," an original scale model of the World War II Memorial in Washington D.C., will be unveiled during a program honoring veterans and their families on Sunday, **Oct. 25**, at 1 p.m., at the Camden Centre, 2701 1st Street East, in Milan, Ill. The exhibit and event is brought to you by Pillars of Honor, Inc., an Illinois non-profit organization dedicated to honoring WWII veterans unable to travel to Washington D.C. to see their memorial in person. Pillars of Honor brings the memorial to them. You may learn more at

www.pillarsofhonor.org. This is the original scale model that was used by Senator Bob Dole to present the memorial design to Congress. It was designed by Friedrich St. Florian from Providence, Rhode Island. Pillars of Honor has this model on loan for a limited time before it has to be returned and placed in the Smithsonian. Don't miss this once in a lifetime event. Our WWII veterans now number less than three million. The average age of these veterans is 90 years old and we are losing these valuable souls at an alarming rate of 1,200 each and every day. These veterans are missing out on the opportunity to get first-hand knowledge about their memorial and more importantly receive recognition for their contribution to our nation. This Day of Honor experience gives veterans the opportunity to learn about their memorial, talk with other veterans and reflect upon the sacrifices they and others made during one of the most trying times in the history of the United States. Kindly register your WWII veteran's attendance at your earliest convenience, no later than **Oct. 18** to be included in the souvenir program book. To: 309-235-3170 or Pillars of Honor, Inc, 770 Lee Street, Suite 103, Des Plaines, IL 60016 or call 847-954-0520 or email: info@pillarsofhonor.org for more information.



Congressman Lane Evans Celebration

The Black Hawk College Foundation will celebrate the life and work of Congressman Lane Evans Tuesday, **Nov. 3**, at 6 p.m., at Lavender Crest Winery on Route 6 in rural Colona, Ill. All proceeds will support Black Hawk College Veterans Resource Center and student scholarships. Tickets are \$50. More information? Call Jessica Malcheff at 309-796-5052.

Federal Employees Benefits Open Season

The 2015 Federal Benefits Open Season will be **Nov. 9 to Dec. 14**. Open Season is the time of year to ensure that you have the right health, dental, or vision insurance coverage for you and your family. It is also time to consider the money you can save on your out-of-pocket medical and dependent care expenses. During this Open Season, you will be able to enroll in a new plan, change your current plan, or cancel your plan for the following benefits:

- Federal Employees Health Benefits (FEHB)
- Flexible Spending Accounts (FSA)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

If you wish to keep your existing plan, you do not have to make a new Open Season election. In the past, an annual Health Benefits Fair was held in the month of November here on Rock Island Arsenal; that fair was discontinued. All benefits/retirement questions need to be addressed directly to the Army Benefits Center, which can be reached at <http://ABC.Army.mil>, 877-276-9287, 785-240-2222, DSN 520-2222.

QC Mallards Annual Military Appreciation Night

Mark your calendars... the Mallards will recognize those who have served in the armed forces with Military Appreciation Night when the team plays on Veteran's Day, Wednesday, **Nov. 11**, at 6 p.m., at the iWireless Center in Moline, against the Anchorage Alaska Aces. Tickets to this Mallards' game will be available to current and former members of the military, their families, reservists, as well as all RIA workforce employees, for just \$5. Details about where to pick up tickets will be forthcoming.



Fish Fry and More Every Friday

American Legion Post 1233, 312 Broadway Street, Colona, Ill., is having a fish fry every Friday evening from 5 to 8 p.m. Come enjoy a variety of entrees from steak sandwiches, fish and chicken dinners, to sides and hors d'oeuvres; very reasonably priced. Proceeds go to veterans; their families; and other veteran organizations. For more information, call Anna DeFrieze at 309-792-8934. Note: **Oct. 30, Nov. 27, Dec. 25, and Jan. 1**, no food served.

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



Arsenal Traffic/Construction



Work on 14th Street Ramp

The ramp from 14th Street Bridge, scheduled for closure through at least **Oct. 23**, could be finished ahead of schedule, according to officials at the Moline Public Works Department. Moline officials said work on the bridge could be finished as early as Oct. 2, with minimal rain and no unforeseen, badly deteriorated concrete near the joints that are under maintenance. The contractor has until **Oct. 23** to finish the work. Until the work is complete, traffic leaving the Arsenal via the Moline Gate must exit on to river drive, as the ramp to 14th Street will remain closed.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents.

Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.



Building/Space Closures



There are no announcements at this time.



Active Duty/Reserve Zone



McHugh Provides Recommendations about Moss Currently Closed To Women

Army Secretary John M. McHugh submitted to the defense secretary his recommendations on whether to open, or to request an exemption to keep closed, the remaining Army military occupational specialties, or MOSs, not open to women, Sept. 30. Currently, there are 13 MOSs (i.e. officer MOSs 11A, 19A, 19B, 19C; and the enlisted MOSs, 11B, 11C, 11Z, 13B, 13D, 13F, 19D, 19K, and 19Z) that remain closed to female Soldiers. However, the defense secretary has already officially notified Congress, as of July 21, of his decision to open 13B (cannon crewmember) and 13D (field artillery automated tactical data system specialist). The Army cannot start recruiting women into these newly-opened positions until the congressional notification period is complete. To prepare recommendations to the defense secretary, Army Training and Doctrine Command led the Army's effort to re-validate performance standards required for entry into each MOS. Doing this has positioned the department to increase the total force capability and prepare the force for future mission requirements. Also, information from these and other studies were considered in McHugh's final recommendations to DOD. ([More](#))

Military Singles & Geo-Bachelors - A Night of Goulashness

Come all ranks and all branches to the USO of Illinois-Rock Island Military Singles & Geo-Bachelors Night on Wednesday, **Oct. 7**, 5-7 p.m., in the USO spaces, SE wing, Bldg. 110. The October theme for the evening is "A Night of Goulashness" and will featured a menu to include "Eye of Newt" soup (turkey meatball and veggie soup), "Grass from the Tomb" (salad), "Rotten stones" (wheat rolls), and "Worms & Dirt" (dessert).

October Military Fatherhood Program

Attention Military Dads: Gather the kids Thursday, **Oct. 15**, 5:30-7:30 p.m., and join us at the Pride of the Wapsi Pumpkin Patch for pumpkin picking, a hay rack ride and a bonfire complete with hot dogs and s'mores, all free to you. For more info and to RSVP call 309-782-3049 or email jennifer.a.kerr10.civ@mail.mil. ([Flyer](#))

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



Gun Safety Is No Accident

We are Soldiers! From the moment we step off the bus and report in at the reception station, we are introduced to the Army's values and strict standards of discipline. Drill sergeants enforce these standards and capitalize on every opportunity to ensure we're focused, trained and ready to do what the Army requires, to defend this nation if, when and where it may be necessary. Within days after entering basic combat training, we are familiarized with either the M-16 or M-4 weapon system. Here, we learn basic marksmanship fundamentals to include how to properly handle a weapon, disassemble and reassemble the weapon to zeroing and qualifying with it. Any sign of complacency or the mishandling of the weapon is immediately corrected by the drill sergeant and I'm sure you all know, it is not a pleasant experience. This is serious stuff. These noncommissioned officers knew never to relax standards because doing so put Soldiers at risk of injury or death whether on the battlefield or while conducting training at home station. With this in mind, I'm dumbfounded when reports hit my desk informing me that a member of our Army family has been killed or injured as a result of a negligent weapon's discharge or whose buddy is killed because of horse play with a loaded gun while consuming alcohol. ([More](#))

Equal Employment Opportunity Focus



RIA Hispanic American Heritage Observance

Rock Island Arsenal First Army and ASC Equal Opportunity is hosting the installation's Hispanic American Heritage Observance on Wednesday, **Oct. 7**, in the Arsenal Island Golf Clubhouse. The event will feature food sampling from 12:30 – 12:55 p.m., with the formal observance starting at 1 p.m. This year's theme is "Energizing our Nation's Diversity." The guest speaker is Jacqueline Camacho-Ruiz, the owner and "Make-it-Happen" Director of JJR Marketing Consultants, a full-service, award-winning marketing and public relations agency in Aurora, Illinois. Camacho-Ruiz speaks to hundreds of audiences nationwide and is described as having a fire about marketing, PR, and life that leaps off the stage. She is the author of "The Little Book of Business Secrets that work!" and "The Fig Factor," "The Fig Factor Journal," "200 Consejos Poderosos para Alcanzar el Exito en los Negocios," contributing author of "Overcoming Mediocrity," a superhero character in the motivational comic book "The Crusaders." A regular print, radio and TV guest, she has been featured on CBS World News, WGN 9, CBS 2, ABC 7, WGN Radio, 560 WIND, Univision TV and radio, Latina Style Magazine, Crain's, among others. Camacho-Ruiz is actively involved in the community through her service on the boards of Publicity Club of Chicago, Junior Achievement- Western Region, community contacts, YWCA, Aurora Hispanic Heritage Board, among others. In addition, the observance will feature a performance by the Glenview Middle School Mariachi Band from Glenview Middle School in East Moline. The band, made up of 23 students, started practicing last fall and first performed in January. Music



teacher Rich Clark said the idea was inspired by the East Moline school's demographic make-up. "It just so happens that our district has 30.7 percent Latino population, which is almost a third of the school," said Clark. "If we have that large of a Latino population, we should be doing something within our music program to meet the needs of those students." Mariachi is a form of Mexican folk music that dates back to the 1840s. The genre has proved to be a popular pick among students, who play either guitar, violin or trumpet. The Rock Island Arsenal workforce can sign up in [TEDs](#) using Keyword "RIA Hispanic." For additional information or accommodations please contact Sgt. First Class Jose Vazquez, First Army, EOA, at 309-782-9761 or Sgt. First Class Marion Wilson ASC, EOA, at 309-782-3021.

National Hispanic Heritage Month

Each year from Sept. 15-Oct. 15, the U.S. Army community both reflects upon and celebrates the tremendous contributions of Hispanic Americans in the U.S. Army. These individuals have not hesitated to defend and show their allegiance to the nation in many important ways. The legacy of exceptional service begun by prior generations of Hispanic Americans continues today, and is evident in various functional areas of the force and levels of leadership. Hispanic Heritage Month begins Sept. 15, the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. This month takes into account, the independence day of Mexico on Sept. 16 and Chile on Sept. 18. Throughout Spain and Latin America, Columbus Day is also celebrated as "Hispanity Day." America's Army remains a highly capable and mission ready force by continuing to leverage the strengths found in its diverse, all-volunteer force. The depth of experience evident in the Army's talent pool helps sustain the legacy as the effective fighting force that America, its allies and adversaries know today. During the Korean War, the Borinqueneers of Puerto Rico's 65th Infantry Regiment launched the last recorded battalion-sized bayonet charge and overran the Chinese 149th Division south of Seoul on Feb. 2, 1951. This battle exemplifies the unwavering courage and indomitable spirit that has earned the Hispanic-American Soldiers a distinguished legacy. With more than 40 Medal of Honor recipients dating back to the Civil War, Hispanic Americans continue to represent the Army with deep and abiding patriotism and heroism. There is important work to be done worldwide, and Hispanic-American Soldiers are among those who are able and capable to do it. As a tribute, a tri-signed letter by the Secretary of the Army, the Chief of Staff and the Sergeant Major of the Army encourages the Army installations worldwide to plan and execute appropriate commemorative activities to celebrate National Hispanic Heritage Month. The Army will continue to pay tribute to Hispanic-American Soldiers by sharing their stories of valor. ([More](#))

RIA National Disability Employment Awareness Month Observance

U.S. Army Garrison-Rock Island Arsenal is hosting the installation's National Disability Employment Awareness Month Observance on Wednesday, **Oct. 21**, in Heritage Hall, Bldg. 60 from 1-2 p.m. This year's theme is "My disability is a part of who I am." Reflecting this year's theme, throughout the month, the Garrison will be engaging in activities to educate its employees and workforce on disability employment issues and its commitment to an inclusive work culture. The guest speaker is Liz Sherwin, executive director, Illinois/Iowa Center for Independent Living. The center is a civil rights and advocacy non-profit organization that serves people with disabilities in western Illinois and eastern Iowa. Sherwin is currently a commissioner on the Bi-State Regional Commission and serves on the Rock Island Liquor Commission and has obtained certifications from Cornell University of New York's School of Industrial and Labor Relations and



the Rehabilitation Research and Management Center. She is a past chairperson of the Martin Luther King Community Center Advisory Board and the Quad-City Council of Social Services. Sherwin served three terms as president of the Rock Island County Branch of the NAACP.

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "stop" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Golf-toberfest & Rocktoberfest

Play 18 holes with a cart anytime on **Oct. 9** and then afterwards head up to Heritage Hall (Bldg. 60) and pick up your included collectible custom stein, fill it with your favorite beer and get your Bavarian on at our annual Rocktoberfest Celebration. Enjoy a great selection of local craft beers, authentic German Cuisine and the infectious beats of Funktastic Five. Cost is \$40 golfer which includes 18 holes with a cart, a collectible beer stein and your first beer. Call 309-793-1604 for more info and to make tee times, make sure to mention that you want the Golf-toberfest package when making your tee times. Admission to Rocktoberfest is free and commemorative steins can be purchased for \$15 which includes your first beer. ([Golf-toberfest Flyer](#)) ([Rocktoberfest Flyer](#)) ([Rocktoberfest Food Menu](#))

Trunk or Treat

Fall is in the air and that means it's almost time for our annual Trunk or Treat event Wednesday, **Oct. 21**, 3:30-6 p.m., at Memorial Park. Get your little ghouls and goblins dressed in their costumes and get ready for a fun afternoon of Halloween activities including a safe and family friendly trunk or treat, games, activities and prizes including a \$50 Toys R Us gift card courtesy of our sponsor, Rock Island Arsenal Federal Credit Union. Think you have a creative idea for a trunk? Sign up to see if your trunk idea can de-throne the reigning two-time champions JMC and win the best trunk competition. Trophies for 1st - 3rd place trunks. For more info call 309-782-5969 or 309-782-2828. ([Sign up here](#)) ([Trunk Decorators](#)) ([Flyer](#))

Paintless Dent Repair Service Available

Back by popular demand, the paintless dent repair technician will be available for repairs on Wednesday, **Oct. 21**, at the Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of

more traditional body work. Call 309-782-8631 for more information and to schedule an appointment.

Ghost Hunters Dinner & Tour of Quarters One

Enjoy a prime rib & chicken buffet Saturday, **Oct. 31**, at 6 p.m., at the Arsenal Island Clubhouse, and then join the Rock Island Paranormal Society for a tour of Historic Quarters One. The Paranormal Society staff have spent countless hours in this massive Italianate style mansion and will regale you with tales of the paranormal activity they have experienced there throughout the years. The cost is \$35/person and reservations can be made by calling 309-782-4372. RSVP required by **Oct. 29**. ([Flyer](#))

October is Fall Car Care Month

Winter is coming, time to make sure your vehicle is ready for another Midwest winter. All month long save money with these great deals at the Auto Craft Shop. • \$21 Standard Oil Change & Inspection (includes up to five quarts 5w30 or 5w20 synthetic blend oil, filter and comprehensive vehicle inspection). • \$55 Mobil® 1 Full Synthetic Oil Change & Inspection (includes up to six quarts Mobil® 1 5w30 or 5w20 full synthetic oil, filter and comprehensive vehicle inspection). • Free Pre-Winter Vehicle Inspection (comprehensive vehicle inspection of belts, hoses, tires, undercarriage and antifreeze protection). *Appointments required for all specials, call 309-782-8631 to schedule yours today. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back, Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time. The menu is available here: www.arsenalislandgolf.com/riagolfclub/assets/Image/Golf-Clubhouse-Grab-Go-Menu%281%29.png

Additional Vacuum & Spot Cleaner Now Operational at the Auto Shop

The newest piece of equipment at the Auto Shop Carwash is now operational and ready to get your ride looking clean and great. This combination vacuum and carpet spot remover is just \$1 for five minutes, is available 24/7 and accepts bills and coins.



MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Leisure Travel & Outdoor Recreation Closures

The Leisure Travel Office and Outdoor Recreation will be closed for mandatory training.
Date: **Wednesday, Oct. 7**

Time: **8:15 a.m. - 12:15 p.m.**

Leisure Travel & Outdoor Recreation Closure

Leisure Travel and Outdoor recreation will be closed from 8:15 a.m. - 1:15 p.m. for mandatory training.

Date: **Wednesday, Oct. 14**

Disney LIVE! Three Classic Fairy Tales

Join Mickey, Minnie, Donald and Goofy as they take audiences on a captivating journey and magically bring to life three timeless fairy tale adventures. Discover Snow White as she searches for her one true love; Cinderella getting ready for her magical night at the ball; and Belle, from Beauty and the Beast, as she finds happiness in the most unusual place. Anchored amidst a transforming set, captivating choreography, innovative lighting and breathtaking costumes, this authentically-woven tale of “happily-ever-after” is a heart-warming Disney experience for the entire family. Children One & older need a ticket. Leisure Travel has discounted seats for both performances. Show times at 4 p.m. and 7 p.m. Seats on sale until **Oct. 9**.

Date: **Friday, Oct. 16**

iWireless Presents: Mannheim Steamrollers

This year marks the 31st Anniversary of the Christmas Tour and release of Mannheim Steamroller Christmas, an album that revolutionized the holiday season music category. The show features classic Christmas hits from Mannheim Steamroller and dazzling multimedia effects in an intimate setting. The spirit of the season comes alive with the signature sound of Mannheim Steamroller. Leisure Travel has discounted seats on sale until **Oct. 30**. Section 114 at \$67.50 and Section 105 at \$57.50.

Date: **Friday, Nov. 13**

Time: **7 p.m.**

Disney on Ice presents: Treasure Trove

Get tangled up in Disney's 50th animated feature with Rapunzel and Flynn and enter the worlds of your other favorite Disney princesses – Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle, Tiana, Mulan and of course, the one who started it all, Snow White. Ahoy, Mateys! Set sail with Peter Pan, the always sassy Tinker Bell and the cantankerous Captain Hook and his pirate pals on an adventure beyond Never Land and shout out your loudest "yee-haw" with Woody, Jessie and Buzz Lightyear from Disney Pixar's Toy Story! Trek the wilds of Africa with Simba, Nala, Pumbaa and Timon as they discover the true meaning of the 'Circle of Life.' Tick-Tock! Tick-Tock! Don't be late to a very important date with Alice and the Mad Hatter as they march with the Queen of Hearts' Army Of Cards. Be sure to see Disney On Ice presents Treasure Trove full of memories guaranteed to last a lifetime. Leisure Travel has two shows this year. Saturday, **Dec. 5**, at 3 p.m. or Sunday, **Dec. 6**, at 5 p.m., Children one and under free on lap; 12 and under \$14. Upper level \$16 and Lower level \$22. On sale until **Nov. 13**.

Star Trek: The Ultimate Voyage Concert Tour 2016

This lavish production includes an impressive live symphony orchestra and international special solo instruments. People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise including music from Star Trek: The Original Series,

Star Trek: The Motion Picture, Star Trek II: The Wrath of Khan, Star Trek IV: The Voyage Home, Star Trek: Insurrection, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager and much more. This never-before-seen concert event is perfect for music lovers, filmgoers, science-fiction fans and anyone looking for an exciting and unique concert experience. MWR Leisure Travel has discounted seats on sale now. Stop by the office located in Bldg. 333 or call 309-782-5890.

Date: **Friday, March 22**

Time: **7 p.m.**

Waves of Honor

Waves of Honor SeaWorld Parks & Entertainment - We Salute Veterans! A one-time limited free admission to either Sea World San Diego or San Antonio per veteran service member and up to three guests. Go to WavesofHonor.com to register for and obtain your free tickets. *These tickets must be obtained online only*

Chicago/Schaumburg Attractions

Experience the best that Chicago has to offer for less with the Top 5 Attraction Pass. This savings pass is your ticket to getting the most out of the must-see attractions in Chicago. Shedd Aquarium, Skydeck Chicago, The Field Museum, Museum of Science and Industry - Chicago, John Hancock Observatory, Adler Planetarium, Art Institute of Chicago. Adult MWR \$83, Gate \$96; Child MWR \$68.50, Gate \$79.

Discount Amusement Park Tickets and More at Leisure Travel

Memorial Day is the unofficial kick off to summer and Leisure Travel has discounts on all kinds of summer activities. Whether you are looking to book a cruise, need help finding a hotel, or just want to ride the rides at Adventureland or Six Flags Great America, Leisure Travel is the place to start. Call 309-782-5890, stop by the office in Bldg. 333 (next to the PX), or [visit our webpage](#) for more info and prices.

Davenport Cinemark 53rd 18 + IMAX Theatre

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Choice Hotels

Choice Hotels® offers great hotel rooms at great rates. Find and book your hotel reservation online today for our Best Internet Rate Guarantee! Use Corp ID # 00230540 to get reduced rates. www.choicehotels.com



Covenant Cottage Child Development Home

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m.

Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here.](#) 24/7 Sexual Assault Hotline: **309-229-8412.**

Domestic Violence Awareness Month Training Symposium

Join the Victim Advocacy Program Thursday, **Oct. 8**, 8 a.m. - 4 p.m., as we kick off Domestic Violence Month with a proclamation ceremony followed by training sessions designed to help answer some of the hard questions associated with this subject that is sometimes difficult to talk about. Call 309-782-3773 for more info. ([Flyer](#))

Paint the Island Purple Fridays

October is Domestic Violence Awareness Month. Please help us raise awareness of this important social issue by decorating your work area in purple and breaking out the purple in your wardrobe every Friday throughout the month. Submit pictures of your purple work area and staff to our Family Advocacy Facebook page at www.facebook.com/RIAFAP and remember to always keep OPSEC and social media acceptable use policies in mind, [more info can be found here.](#) ([Flyer](#))

Domestic Violence Awareness Month

Domestic Violence Awareness Month, which is October, provides a unique opportunity to raise awareness and educate the community, which is what Family Advocacy intends to do with the scheduled events this upcoming month. Domestic Violence is a serious social problem and national health concern with significant impacts on individuals, families, communities, mission readiness, and is contrary to our Army values. DV stems from an abuser wanting power and control and can be in the form of physical, emotional, financial, etc. According to the Center for Disease Control, one in four women and one in seven men experience DV in their lifetime. DV has a wide range of consequences that may have long term effects, which can include loss of friends, missing work, medical bills, disabilities, and in severe cases death. Through education we as a community position ourselves to foster an environment that is supportive and equipped to provide assistance. As an empowered community we lay the foundation that empowers survivors to speak out, break down barriers, and get the help and support when they are ready. No one deserves to live through the oppressive cycle of abuse. Individuals should be able to live a life that is full of support and empowerment. Relationships are about love, acceptance, and equality - not the cycle of power and control. We hope that through the events and resources provided during Domestic Violence Awareness Month will give you the necessary tools to recognize relationships that could have abusive tendencies whether it is in your own relationships, a friends, or a family members'. Take a moment and think about the members of your family and your circle of friends and remember that one in four women and one in seven men experience DV in their life time. Is it possible you know

someone who has experienced DV? Let's create an environment that will empower them to speak out and get help. Check out the events for this [October on the MWR calendar](#). For more information, to inquire about getting involved, or to participate please feel free to contact Family Advocacy at 309-782-3773. [Follow us on Facebook](#).

Advanced Résumé Class

This class, taking place Friday, **Oct. 2**, 1:30-3:30 p.m., in the ACS Training Room, Bldg. 110, is for spouses, but open to all service members, Retirees, DA civilians, and their Family members. Learn advanced techniques on how to tailor your resume for federal employment. RSVP required by Sept. 28, call 309-782-0829 or e-mail usarmy.ria.imcom-central.mbx.usag-acs@mail.mil (Flyer)

Parenting with Love & Logic

This free seminar will feature guest speaker Lindsey Hornbaker with the QC Child Abuse Council on Wednesday, **Oct. 14**, 4-5 p.m., in the Abel Conf. Room, in Bldg. 110. Come learn simple, positive and loving strategies for parenting with limits, compassion and empathy. Those registered with CYSS will receive two participation points. To RSVP, call 309-782-3049 or email Jennifer.a.kerr10.civ@mail.mil. (Flyer)

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

Mental Illness Awareness Week – Oct. 4-10

Mental Illness Awareness Week, sponsored by the National Alliance on Mental Illness, provides an opportunity for people to learn more about mental health conditions, such as depression, anxiety, schizophrenia, autism, bipolar disorder, obsessive compulsive disorder, and borderline personality disorder. These conditions affect millions of individuals and their family members. A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, daily functioning, and their ability to relate to others. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of daily life. Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character, or poor upbringing. Mental illnesses are treatable, and most people diagnosed with a serious mental health challenge can experience relief from their symptoms by taking prescription medications and actively participating in mental health counseling. NAMI Greater Mississippi Valley is a local voice on mental illness, empowering individuals and their families toward recovery. As an affiliate of NAMI, the local group is part of the largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. NAMI provides support, educational programs, advocacy, and funding to those individuals with mental illness as well as to their family members. Contact our local NAMI at 563-322-8870 or www.namigmv.org for more information. If you or

someone you know has been experiencing symptoms such as those described above, treatment is available. The Rock Island Arsenal Employee Assistance Program invites you to take advantage of free and confidential counseling and referral services. Schedule an appointment with an EAP counselor by calling 309-782-4357. Masters-level counselors can provide short-term counseling and referral services to civilian employees and their immediate family members. The Rock Island Arsenal EAP is located in Bldg. 56, Room 104; office hours are Monday – Friday, 7 a.m. - 5 p.m. You can also access an anonymous screening at www.militarymentalhealth.org.

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **Dec. 17, March 17, and June 16**; • Black Hawk College, **Oct. 8, Jan. 14, April 14, and July 14**; • Eastern Iowa Community College, **Nov. 5, Dec. 3, Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7**; • Kaplan University, **Nov. 19, Feb. 18, May 19, and Aug. 18**; • Saint Ambrose University, **Oct. 15, Jan. 21, April 21, and July 21**; • Trinity College of Nursing & Health Sciences, **Oct. 29, Jan. 28, April 28, and July 28**; • University of Dubuque, **Nov. 12, Feb. 11, May 26, and Aug. 11**; and • Upper Iowa University, **Dec. 10, March 10, and June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Lawmakers Move toward Eliminating Commissary Subsidy

Defense officials must submit a proposal to Congress for completely weaning the military commissary and exchange systems off taxpayer funding, according to a potentially explosive

provision buried in the new conference agreement on the 2016 defense authorization bill. The report, due March 1, must include a “comprehensive plan to achieve by October 1, 2018, budget neutrality in the delivery of commissary and exchange benefits,” according to the proposed legislation, agreed to by House and Senate negotiators. A House staff member said the ultimate goal is to operate the stores without any taxpayer dollars. A small portion — about 3 percent — of the exchange services' budgets are taxpayer dollars, used mainly to cover the costs of shipping products overseas so those prices can stay roughly on par with what exchange customers pay in the continental U.S. ([More](#))

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Sept. 28-Oct. 4

Col. C. A. Waldmann assumed command of the RIA on Oct. 1, 1944. On Oct. 2, 1917, the RIA received Special Order No. 228 to send six representatives of the RIA to France to study methods of manufacturing recoil mechanisms to be placed on gun carriages.

Healthbeat



Save a Life through Early Detection of Breast Cancer

In recent years, medical advances in both early detection and treatment have helped millions of women survive breast cancer. This year, 230,000 women will be diagnosed with breast cancer and currently more than 2.8 million breast cancer survivors are living in the United States. However, breast cancer continues to be the most commonly diagnosed cancer among women worldwide and the second leading cause of death among women in the United States. What is breast cancer? Breast cancer is a disease that causes normal cells in the breast to change and grow out of control.

Abnormal cells group together, also known as malignant tumors, destroy body tissue that may spread throughout the body. According to the American Cancer Society about 1 in 8 women in the United States will develop invasive breast cancer during their lifetime. A woman's risk increases with age; thus it is important to detect breast cancer early through screening. Why is early detection important? The chances of survival are much higher if the cancer is detected in the early stages. According to the National Breast Cancer Foundation, when breast cancer is found early before spreading through the body, the five-year survival rate is 98 percent. ([More](#))

Resilience Key to Overcoming Depression

Sam woke to gentle sunlight streaming through the blinds and turned to see his wife sleeping peacefully beside him. He heard their children playing nearby. A few months ago, he would have been eager to jump out of bed and get the day started. However, in the past weeks, his interest in

daily routines and family life had diminished. A year ago, Sam returned home from a second deployment to Iraq. During his 18-month tour, his children accomplished great things. His son made the Little League team, and his daughter took her first steps. Sam's family was eager for his return. At first, Sam seemed fine; he showed affection toward his family, excelled at work, and played basketball with his buddies in his spare time. However, as the days progressed, a dark feeling began to creep into Sam's mind, dulling other sensations. He found himself spending more time at work and less time on the basketball court and with his family. At a routine Troop Medical Clinic visit, Sam revealed he had been feeling "out of the norm" and having bouts of digestive problems. His doctor asked about feelings of irritability, isolation and withdrawal. Sam admitted to feeling those things and spending more time at work. The doctor suggested he may be suffering from depression. ([More](#))

Notes for Veterans

Leave, Veterans Preference Bills Advance

The House has joined the Senate in backing legislation entitling any federal employee who is a veteran with a service-connected disability rated at 30 percent or more to use up to a full year's entitlement of sick leave—up to 104 hours of leave—in the first year of employment for medical related to the disability. Normally sick leave cannot be used until it has accrued. The entitlement would not continue past the first year of employment. The two versions (HR-313 and S-242) have some minor differences that will have to be reconciled. The House also has accepted a Senate-passed bill (S-136) to extend to fathers of veterans a form of “derived” preference in hiring into federal jobs currently applying in limited circumstances to mothers of veterans. ([More](#))

Around the Q.C.

- Oct. 8:** [Hogtoberfest: Bacon, Brews & Berries](#) (RiverCenter, 136 E Third St, Davenport)
- Oct. 9:** [Wedding Crashers](#) (Quad City Botanical Center, Rock Island)
- Oct. 9-10:** [Haunted Island](#) (Credit Island, Credit Island Rd, Davenport)
- Oct. 10:** [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)
- Oct. 11:** [QC Family Focus Magazine's Healthy Happy Families Fun Day](#) (Quad City Botanical Center, Rock Island)
- Oct. 11:** [Apple Fest](#) (Downtown LeClaire, Iowa)
- Oct. 11:** [Daddy-Daughter Dance](#) (The Col Ballroom, 1012 W 4th St, Davenport)
- Oct. 11:** [Dogtoberfest](#) (Bier Stube Le Claire, 1001 Canal Shore Dr SW, Le Claire, Iowa)
- Oct. 14:** [March of Dimes Signature Chef Auction](#) (RiverCenter, Davenport)
- Oct. 15:** [Special Needs Night](#) (Family Museum, 2900 Learning Campus Drive, Bettendorf)
- Oct. 16:** [Trick or Treat at NorthPark Mall](#) (NorthPark Mall, 320 W. Kimberly Road, Davenport)
- Oct. 17:** 240th U.S. Navy Ball (Golden Leaf Banquet Hall, Davenport)
- Oct. 17:** [5th Annual City of Blue Grass Park Board Pumpkin Dash](#) (120 East Orphed Street, old Fire Station, Blue Grass, Iowa)
- Oct. 17:** [QCAWC Fall Open House](#) (Quad City Animal Welfare Center, 724 2nd Ave W, Milan)
- Oct. 17:** [QC Skatepark Fest](#) (Davenport Skatepark, 700 W River Dr, Davenport)
- Oct. 17:** [Breakfast with the Animals - In the Jungle "Halloween Style"](#) (Niabi Zoo, Coal Valley, Ill.)
- Oct. 17:** [Snow Leopard Day](#) (Niabi Zoo, Coal Valley, Ill.)

Oct. 17: [Trick or Treat at SouthPark Mall](#) (SouthPark Mall, 4500 16th Street, Moline)
Oct. 17: [Kid's Craft Day](#) (John Deere Pavilion, 1400 River Drive, Moline)
Oct. 18: [CBRC Pumpkin Dash](#) (Credit Island, Davenport)
Oct. 18: [Pete's Awesome 5K Race](#) (Isle Casino Hotel, Bettendorf)
Oct. 18: [Pumpkin Extravaganza](#) (Quad City Botanical Center, Rock Island)
Oct. 20: [Everyone's A Critic](#) (Putnam Museum, Davenport)
Oct. 22: [Schmooza Palooza 2015](#) (Holiday Inn Hotel & Conference Center, Rock Island)
Oct. 23: [Family Science Night: Bug Bonanza!](#) (Putnam Museum, Davenport)
Oct. 23: [WQPT Asks Veterans to Share Their Story of Service](#) (WQPT Public Television 6600 34th Avenue, Moline)
Oct. 24: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Oct. 24: [3rd Annual Quad-Cities Tweed Ride](#) (Front Street Brewery Tasting Room at the Freight House, Davenport)
Oct. 24: [Quad Cities Birth Conference 2015](#) (Western Illinois University-Quad Cities, 3300 River Dr, Moline)
Oct. 24: [United Neighbors Multi-Cultural Health Initiative](#) (NorthPark Mall 320 W. Kimberly Road, Davenport)
Oct. 24: [Annual Moline Booster Club Booooooster Bash](#) (Scottish Rite Cathedral, 1800 Seventh Avenue, Moline)
Oct. 24: [Greater Bettendorf Community Foundation's Halloween Parade](#) (23rd Street and Middle Road to Splash Landing, Bettendorf)
Oct. 24-25: [Boo at the Zoo](#) (Niabi Zoo, Coal Valley, Ill.)
Oct. 25: [Fall Family Fun Day](#) (YMCA Camp Abe Lincoln, 1624 W Front St, Blue Grass, Iowa)
Oct. 25: [Tropical Halloween](#) (Quad City Botanical Center, Rock Island)
Oct. 25: [Scarecrow Shenanigans](#) (Family Museum, 2900 Learning Campus Drive, Bettendorf)
Oct. 27: [Putnam Pro Series: Programmers Pro II](#) (Putnam Museum, Davenport)
Oct. 29: [Fright Night](#) (The District, Rock Island)
Oct. 31: [Trick or Treat](#) (Greater Quad Cities)
Oct. 31: [College Hill-O-Ween](#) (College Hill District Rock Island)
Oct. 31: [Halloween Parade](#) (Downtown Davenport)
Oct. 31: [Halloween Parade Vintage Bicycle Ride](#) (Downtown Davenport)
Oct. 31: [6th Annual Whorror Fest 2015](#) (Holiday Inn Hotel & Conference Center, Rock Island)
Nov. 1: [Governor's Cross Country](#) (Scott County Park, Long Grove, Iowa)
Nov. 4: [12th Annual Quad Cities Go Red for Women Luncheon](#) (RiverCenter, 136 E Third St, Davenport)
Nov. 11: [Veterans Day Parade](#) (Downtown Davenport)
Nov. 14: [Black Hawk College 5k Hustle](#) (Black Hawk College, Building #1, 6600 34th Avenue, Moline)
Nov. 14: [Veteran's Day 5k Run](#) (American Legion Post 711, Blue Grass, Iowa)
Nov. 20-29: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 21: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 21: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 21: [QC Mustache Challenge](#) (Begins at Barrel House 1321 5th Ave, Moline)
Nov. 26: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Davenport YMCA, 606 West 2nd Street)
Nov. 27-29: [25th Annual Quad City Christmas Arts & Crafts Fair](#) (QCCA, Rock Island)
Dec. 4-5: [Christmas in the Village](#) (East Village, Davenport)
Dec. 4-6: [Heartland Emergency Response Conference Expo](#) (QCCA)
Dec. 6: [Holiday Open House](#) (Quad City Botanical Center, Rock Island)
Dec. 6: [Reindeer Ramble](#) (IBEW Union Hall, Moline)
Dec. 6: [Winterfest](#) (Family Museum, 2900 Learning Campus Drive, Bettendorf)
Dec. 12: [Santa Fun Run & Social](#) (1318 4th Avenue, Moline)
Dec. 12: [QC Holiday Expo](#) (Rock Island Center for Math and Science, 2101 16th Ave, Rock Island)
Jan. 8-10: [Bald Eagle Days Environmental Fair and Wild Life Art Show](#) (QCCA, Rock Island)
Jan. 18-20: [24th Quad Cities Farm Show](#) (QCCA, Rock Island)
Jan. 23-25: [Rod and Custom Show](#) (QCCA, Rock Island)
Feb. 1: [35th Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)
Feb. 6-8: [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)
Feb. 18-21: [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA, Rock Island)
Feb. 26-28: [QCCA RV/Camping Show](#) (QCCA, Rock Island)
March 6-8: [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)
April 1-3: [QCCA Lawn and Garden Show](#) (QCCA, Rock Island)

April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)

May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)

Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

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